

Udon Noodle Bowl with Chicken, Egg, and Greens

Makes 2 filling servings

If making this noodle bowl as part of the chicken challenge, use about half of the shredded meat from the carcass, drumsticks, and wings as well as the leftover carcass stock for this filling soup. If, after making the chicken pot pie, you do not have 2 cups of carcass stock left simply add a little water or store-bought broth to equal 2 cups.

2 cups carcass stock or store-bought less sodium chicken broth
2 (1/4-inch slices) fresh ginger
4 shiitake mushrooms, stems removed and caps sliced
½ tablespoon soy sauce
Pinch of granulated sugar
3 ounces dried udon noodles
7-8 large collard green leaves, ribs removed and leaves thinly sliced
1 cup shredded cooked chicken
2 hard-boiled eggs, halved
2 tablespoons vegetable oil
1 large garlic clove, minced
2 green onions, roots trimmed, white and green parts thinly sliced

Bring a large pot of water to boil. In a smaller saucepan, combine the carcass stock, ginger slices, sliced shiitake mushrooms, soy sauce and sugar and bring to a simmer. Simmer, covered, for at least twenty minutes.

Cook the dried udon noodles in the boiling water for about 3 minutes or as directed on the package. Drain the noodles then divide them between two large bowls. Fill the pot with generously salted water again; once boiling, add the sliced collard greens and cook for ten minutes or until tender. Drain. Divide the collard greens (should be about ½ cup total) between the two bowls. Place a halved hard-boiled egg in each bowl as well.

Right before serving, add the cooked chicken to the broth to reheat it. Combine the vegetable oil and minced garlic in a small saucepan or skillet. Heat on medium heat until bubbles form around the garlic and it begins to brown. Immediately remove the skillet from the heat so the garlic won't burn.

Pour the broth with the mushrooms and chicken over the ingredients in the noodle bowls and sprinkle both bowls with the sliced green onions. Drizzle the hot garlic oil over each bowl. Serve immediately.

This recipe came from *Minced* at www.mincedblog.com.